

Inhalant Abuse Check List

ADULTS ONLY

- **Kitchen**
 - ☐ Whipped cream
 - ☐ Whippets (Nitrous oxide cartridges)
 - ☐ Pam
 - ☐ Insecticides
 - ☐ Spray (aerosol) cleaners
 - **Basement or workshop**
 - ☐ WD40
 - ☐ Fabric protector (Scotch Guard)
 - ☐ Paint, cans or spray (especially gold or silver spray paint)
 - ☐ Paint thinner
 - ☐ Mineral spirits
 - ☐ Toluene
 - ☐ Paint remover, stripper
 - ☐ Lacquer thinner
 - ☐ Contact cement
 - ☐ Solvent-based caulking
 - ☐ Contact cleaner
 - ☐ Turpentine
 - **School and art supplies**
 - ☐ Correction fluid
 - ☐ Correction fluid thinner
 - ☐ Permanent magic markers
 - ☐ Dry erase markers
 - ☐ Contact cement
 - ☐ Rubber cement
 - ☐ Ducco cement, airplane or model glue
 - ☐ Spray adhesive
 - ☐ Computer gas duster
 - **Bathroom**
 - ☐ Hair spray
 - ☐ Air freshener
 - ☐ Nail polish and nail polish remover
 - ☐ Spray deodorant
 - ☐ Spray cleaners
 - ☐ Asthma inhaler
 - **Garage**
 - ☐ Gasoline
 - ☐ Coleman stove fuel
 - ☐ Propane (from barbeque grills, portable torches)
 - ☐ Carburetor cleaner
 - ☐ Charcoal starter fluid
 - ☐ Starter fluid
 - ☐ Flat tire repair aerosol cans ("Fix-A-Flat")
 - **Miscellaneous**
 - ☐ Any spray (aerosol) cans
 - ☐ Mothballs
 - ☐ Freon
 - ☐ Air conditioners
 - ☐ Refrigerators
 - ☐ Halon (from fire extinguisher)
 - ☐ Gas cigarette lighters
 - ☐ Gas cigarette lighter refills (butane)
 - ☐ Lighter fluid
 - ☐ Dry cleaning fluid and spot removers
 - **Anesthetics**
 - ☐ Nitrous oxide
 - ☐ "Whippets" (mini-tanks)
 - ☐ Whipped cream cans
 - ☐ Ether
 - ☐ Chloroform
 - **Nitrites**
 - ☐ Amyl nitrite
 - ☐ Butyl nitrite
- Examples of Paraphernalia**
- ☐ Plastic bags
 - ☐ Paper bags
 - ☐ Rags
 - ☐ Toilet paper tubes stuffed with tissues
 - ☐ Empty soda cans
 - ☐ Empty cologne or perfume bottles
 - ☐ Balloons (Nitrous oxide)
 - ☐ Tanks (Nitrous oxide)

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Maine Inhalant Abuse Prevention Task Force

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Maine Inhalant Abuse Prevention Work Group

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For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

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